

Dining Out—How to Choose



GENERAL TIPS FOR HEALTHY DINING OUT

Whether or not you're trying to lose weight, you can eat healthfully when dining out or bringing in food, if you know how. The following tips will help you move toward healthier eating as you limit your calories, as well as fat, saturated fat, cholesterol, and sodium when eating out.

YOU ARE THE CUSTOMER

- Ask for what you want. Most restaurants will honor your requests.
- Ask questions. Don't be intimidated by the menu—your server will be able to tell you how foods are prepared or suggest substitutions on the menu.
- If you wish to reduce portion sizes, try ordering appetizers as your main meal.
- General tips: Limiting your calories and fat can be easy as long as you know what to order. Try asking these questions when you call ahead or before you order. Ask the restaurant, whether they would, on request, do the following:



- Serve nonfat (fat-free) milk rather than whole milk or cream.
- Reveal the type of cooking oil used.
- Trim visible fat off poultry or meat.
- Leave all butter, gravy, or sauces off a side dish or entree.
- Serve salad dressing on the side.
- Accommodate special requests if made in advance by telephone or in person.



Above all, don't get discouraged. There are usually several healthy choices to choose from at most restaurants.

READING THE MENU

- Choose lower calorie, low-fat cooking methods. Look for terms such as, “steamed in

its own juice” (au jus), “garden fresh,” “broiled,” “baked,” “roasted,” “poached,” “tomato juice,” “dry boiled” (in wine or lemon juice), or “lightly sautéed.”

- Be aware of foods high in calories, fat, and saturated fat. Watch out for terms such as “butter sauce,” “fried,” “crispy,” “creamed,” “in cream or cheese sauce,” “au gratin,” “au fromage,” “escaloped,” “parmesan,” “hollandaise,” “bearnaise,” “marinated (in oil),” “stewed,” “basted,” “sautéed,” “stir-fried,” “casserole,” “hash,” “prime,” “pot pie,” and “pastry crust.”

SPECIFIC TIPS FOR HEALTHY CHOICES

BREAKFAST

- Fresh fruit or small glass of citrus juice
- Whole grain bread, bagel, or English muffin with jelly or honey
- Whole grain cereal with low-fat (1%) or nonfat milk
- Oatmeal with nonfat milk topped with fruit
- Omelet made with egg whites or egg substitute
- Multigrain pancakes without butter on top
- Nonfat yogurt (try adding cereal or fresh fruit)



BEVERAGES

- Water with lemon
- Flavored sparkling water (noncaloric)
- Juice spritzer (half fruit juice and half sparkling water)
- Iced tea
- Tomato juice (reduced sodium)



BREAD

Most bread and bread sticks are low in calories and low in fat. The calories add up when you add butter, margarine, or olive oil to the bread.



Also, eating a lot of bread in addition to your meal will fill you up with extra unwanted calories and not leave enough room for fruits and vegetables.

APPETIZERS

- Steamed seafood
- Shrimp* cocktail (limit cocktail sauce—it's high in sodium)
- Melons or fresh fruit
- Bean soups
- Salad with reduced-fat dressing (or add lemon juice or vinegar)



***If you are on a cholesterol-lowering diet, eat shrimp and other shellfish in moderation.**

ENTREE

- Poultry, fish, shellfish, and vegetable dishes are healthy choices.
- Pasta with red sauce or with vegetables (primavera).
- Look for terms such as “baked,” “broiled,” “steamed,” “poached,” “lightly sauteed,” or “stir-fried.”
- Ask for sauces and dressings on the side.
- Limit the amount of butter, margarine, and salt you use at the table.



SALADS/SALAD BARS

- Fresh greens, lettuce, and spinach
- Fresh vegetables—tomato, mushroom, carrots, cucumber, peppers, onion, radishes, and broccoli
- Beans, chickpeas, and kidney beans
- Skip the nonvegetable choices: deli meats, bacon, egg, cheese, and croutons.
- Choose lower calorie, reduced fat or fat free dressing, lemon juice, or vinegar.



SIDE DISH

- Vegetables and starches (rice, potato, noodles) make good additions to meals and can also be combined for a lower calorie alternative to higher calorie entrees.
- Ask for side dishes without butter or margarine.
- Ask for mustard, salsa, or low-fat yogurt instead of sour cream or butter.



DESSERT/COFFEE

- Fresh fruit
- Nonfat frozen yogurt
- Sherbet or fruit sorbet (these are usually fat free, but check the calorie content)
- Try sharing a dessert.
- Ask for lowfat milk for your coffee (instead of cream or half-and-half).



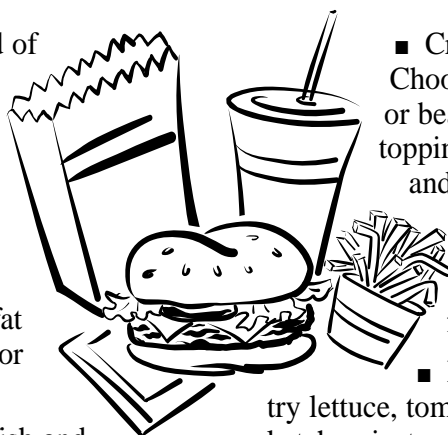
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Foods — — — — — *In The Fast Lane*

When you eat in a heart-healthy way, you don't have to give up eating fast foods completely. You can eat right and still eat fast foods if you select carefully. Here are some tips on fast foods to choose:

- Order a small hamburger instead of a larger one. Try the lower-fat hamburger. Hold the extra sauce.
- Order roast beef for a leaner choice than most burgers.
- Order a baked potato instead of French fries. Be careful of high-fat toppings like sour cream, butter, or cheese.
- Order grilled, broiled, or baked fish and chicken.
- Order fat-free or 1 percent milk instead of a milkshake. Try the low-fat frozen yogurt or low-fat milkshake.
- Order a salad. Use vinegar and oil or low-calorie dressing more often than creamy salad dressing.



- Create a salad at the salad bar. Choose any raw vegetables, fruits, or beans. Limit high saturated fat toppings of cheese, fried noodles, and bacon bits as well as some salads made with mayonnaise. Also limit salad dressings high in saturated fat and cholesterol.
- For sandwich toppings, try lettuce, tomato, onion, mustard, and ketchup instead of high saturated fat toppings such as cheese, bacon, special sauces, or butter.
- Order pizza with vegetable toppings such as peppers, mushrooms, or onions instead of extra cheese, pepperoni, or sausage.

Let's see how small changes can add up to big changes with the following sample fast-food meals.

	Typical Meal	Lower-Fat Choice
	Cheeseburger	Hamburger
	Large French fries	1/2 small French fries
	12-ounce cola	12-ounce cola
	Vanilla ice milk cone	Low-fat frozen yogurt cone
Saturated Fat(g)	16	6
Dietary Cholesterol(mg)	78	38
Total Fat(g)	40	19
Total Calories	990	649



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Putting Heart Healthy Eating Habits Into Play-

Foods to **choose** and foods to **lose**

This is a Who's Who of foods. Use it to learn about food groups and their nutrients. It lists foods in **choose** and **decrease** columns. It also gives recommended serving numbers and sizes. Some serving numbers differ for guys and girls. That's because guys often need more calories. The amount of a single serving is given in parentheses beside the food.

Do:

Choose foods from each food group every day.

Select food group items more often from the **"choose"** column than the **"decrease"** column.

MEAT, POULTRY, FISH, & SHELLFISH

Nutrients: Protein, minerals (especially iron), vitamins, saturated fat, and cholesterol.

Servings/day: Up to 6 ounces cooked (3 ounces of cooked meat is about the size of a deck of cards).

CHOOSE

Lean cuts of meat with fat trimmed, like:

Beef—round, sirloin, chuck, loin, extra lean hamburger

Lamb—leg, arm, loin, rib

Pork—tenderloin, leg, shoulder (arm or picnic)

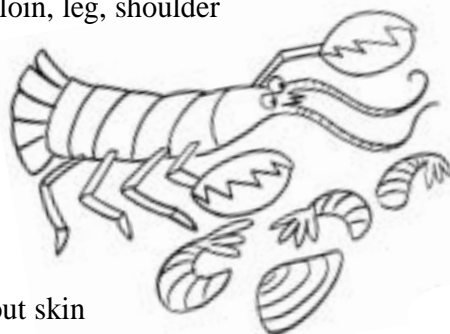
Veal—all trimmed cuts except ground

Poultry without skin

Fish

Shellfish like crabs, clams, and scallops

Lean luncheon meat like turkey ham, turkey, lean ham, or lean roast beef. Chicken hot dogs—these are lower in saturated fat than beef or pork hot dogs. But "lower" doesn't equal "low." So make them a once-in-a-while choice.



DECREASE

Cuts of meat, like:

Beef—regular hamburger, short ribs, corned beef brisket

Pork—spareribs, blade roll

Bacon, sausage

Poultry with skin, fried chicken

Fried fish and fried shellfish

Organ meats like liver, kidney, sweetbread, brain

Regular luncheon meat like bologna, salami, sausage, beef or pork hot dogs





Foods to **choose** and foods to **lose**...

DAIRY PRODUCTS

Nutrients: Protein, vitamins, minerals (especially calcium), saturated fat, and cholesterol.

Servings/day: 4

Note: The numbers in parentheses below are equal to 1 serving.

CHOOSE

Milk (1 cup)—fat-free milk, 1% milk (fluid, powdered, evaporated); buttermilk

Yogurt (1 cup)—nonfat or low-fat yogurt; yogurt beverages

Cottage cheese (1/2 cup)—low-fat or non-fat

Cheese (1 oz.)—low-fat cheeses labeled no more than 3 grams of fat per ounce

Frozen dairy dessert (1/2 cup)—ice milk, low-fat frozen yogurt

Sour cream—low-fat and fat-free

DECREASE

Whole milk (fluid, evaporated, condensed); 2% low-fat milk; imitation milk

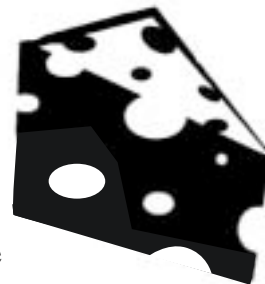
Whole-milk yogurt; custard-style yogurt; whole-milk yogurt beverages

Cottage cheese (4% fat)

High-fat cheese like American, blue, Brie, cheddar, Colby, Edam, Monterey Jack, Parmesan, Swiss; cream cheese

Ice cream

Cream like half and half, whipping cream, sour cream



DON'T HAVE A COW



“One of the easiest things to change is drinking 1% milk instead of whole milk. And now there are lots of substitutes for ice cream.”

Maria, 15

Dairy foods are a great source of calcium and protein. Eating foods high in calcium helps bones grow and stay strong. As a teen, your bones are growing quickly. So now is the best time in your life to eat foods rich in calcium. Girls, especially, need to eat foods high in calcium. A very good choice is low-fat dairy products, which are not only rich in calcium but also low in saturated fat and cholesterol.



Foods to **choose** and foods to **lose**...

BREADS, CEREALS, PASTA, RICE, DRY PEAS, & BEANS

Nutrients: Carbohydrates, protein, vitamins, minerals, and fiber.

Servings/day: 12 for guys and 8 for girls.

Note: The numbers in parentheses below are equal to 1 serving.

CHOOSE

Bread (1 slice)—whole-grain bread; hamburger and hot-dog buns (1/2 a bun); bagels (1/2); tortilla (1)

Cereal (1 cup ready-to-eat, 1/3 cup bran or 1/2 cup cooked)—oat, wheat, corn, multigrain

Pasta (1/2 cup cooked)—plain noodles, spaghetti, macaroni

Rice (1/2 cup cooked)

Low-fat crackers—animal crackers (8); graham (3); saltine-type (6)

Homemade baked goods using unsaturated oil, fat-free or 1% milk, and egg substitutes—quick bread (1 slice); 2" biscuit (1); cornbread muffin (1); bran muffin (1); 4" pancake (1); 9" diameter waffle (1/4)

Dry beans, peas and legumes (1/2 cup cooked)—split peas, black-eyed peas, chick peas, kidney beans, navy beans, lentils, soybeans, soybean curd (tofu)

Soup like chicken or beef noodle, tomato, vegetable

DECREASE

Bread in which eggs are a major ingredient; croissants, butter rolls, cheese bread

Granola-type cereals

Egg noodles and pasta containing egg yolk

Pasta and rice prepared with cream, butter, or cheese sauces

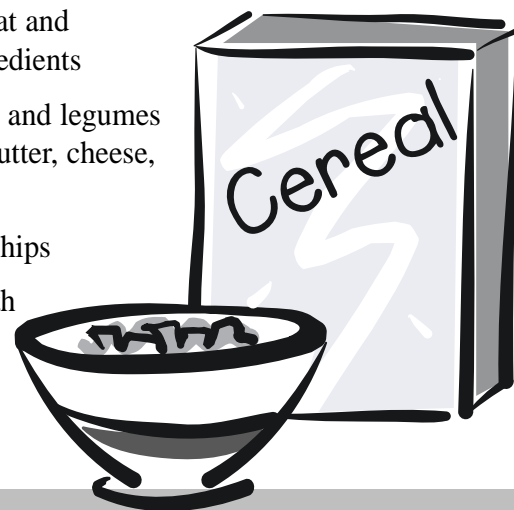
High-fat crackers—cheese crackers, butter crackers, or others made with saturated fats

Commercial baked pastries, muffins, biscuits, doughnuts, sweet rolls, Danish pastry using high saturated fat and cholesterol ingredients

Dry beans, peas and legumes prepared with butter, cheese, or cream sauce

Potato or corn chips

Soups made with cream or whole milk



VEGETABLES

Nutrients: Carbohydrates, fiber, vitamins, and minerals.

Servings/day: 4 for guys and 3 for girls.

Note: The numbers in parentheses below are equal to 1 serving.

CHOOSE

Vegetables (1/2 cup)—fresh, frozen, or canned



DECREASE

Vegetables prepared with butter, cheese, or cream sauce

Fried vegetables like French fries



Foods to **choose** and foods to **lose**...

FRUITS

Nutrients: Carbohydrates, fiber, and vitamins.

Servings/day: 5 for guys and 3 for girls.

Note: The numbers in parentheses below are equal to 1 serving.

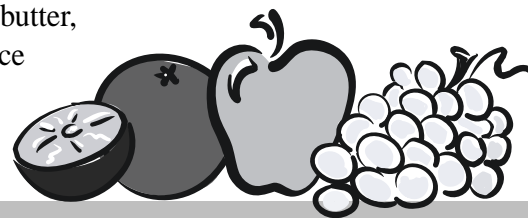
CHOOSE

Fruit (1/2 cup or medium-size piece)—fresh, frozen, canned, or dried

Fruit juice (1/2 cup)—fresh, frozen, or canned

DECREASE

Fried fruit like banana chips or fruit served with butter, cream sauce, or ice cream



FATS & OILS

Nutrients: saturated and unsaturated fats, cholesterol, and very small amounts of vitamins and minerals.

Servings/day: 10 for guys and 5 for girls.

Note: The numbers in parentheses below are equal to 1 serving.

CHOOSE

Unsaturated oils (1 tsp.)—sunflower, safflower, sesame, soybean, corn, olive, canola oil

Margarine or shortening (1 tsp.)—made from unsaturated oils listed above; light or diet margarine (2 tsp.)

Salad dressings (1 tbsp.)—dressings made with unsaturated oils listed above; low-fat or oil-free dressings (serving size depends on amount of oil)

Seeds and nuts (1 tbsp.)—peanut butter, other nut butters*

Cocoa powder (as desired)

Olives (5 small) and avocado (1/8 of whole)*

DECREASE

Saturated oils—coconut oil, palm kernel oil, palm oil

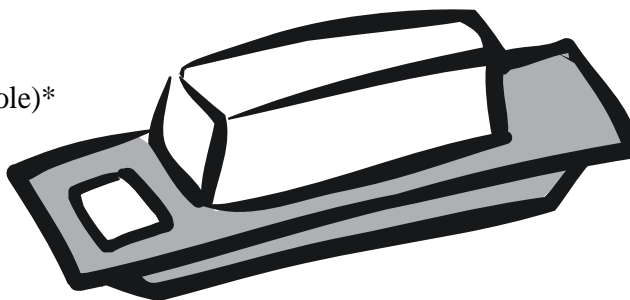
Butter, lard, bacon fat

Shortening

Dressings made with egg yolk, cheese, sour cream, whole milk

Coconut

Chocolate



* These are listed because they are high in unsaturated fat.



Foods to **choose** and foods to **lose**...

SWEETS & SNACKS

Nutrients: Saturated fat, cholesterol, and carbohydrates.

Servings/day: 4 for guys and 3 for girls.

Note: The numbers in parentheses below are equal to 1 serving.

CHOOSE

Beverages (6 fl. oz.)—fruit-flavored drinks; lemonade, fruit punch

Sweets (1-1/2 tbsp.)—sugar, syrup, honey, jam, preserves; candy (3/4 oz.) made primarily with sugar (candy corn, gumdrops, hard candy); fruit-flavored gelatin (1/2 cup)

Low-fat frozen desserts (1/3 cup)—sherbet, sorbet, fruit ice, popsicles, low-fat frozen yogurt

Cookies (2), cake (1 slice), pie (1 slice), pudding (1/2 cup)—all prepared with egg whites, egg substitute, fat-free or 1% milk, and unsaturated oil or margarine; plain popcorn (3 cups); gingersnaps (2); fig bar cookies (1); angel food cake (1 slice)

DECREASE

Candy made with chocolate, butter, cream, coconut oil, palm oil, palm kernel oil

Ice cream and frozen treats made with ice cream or whole milk

Commercial baked high-fat cookies, cakes, cream pies, doughnuts




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The Heart-Healthy Eating Plan




The foods you eat play a big part in keeping your heart healthy. But, what exactly is a heart-healthy eating plan? And is a heart-healthy eating plan important for everyone? All healthy Americans, 2 years of age or older, should eat in a way that is lower in total fat, saturated fat, cholesterol, sodium, and extra calories.



Heart disease is still the number one killer of both men and women in the United States. High blood cholesterol, high blood pressure, smoking, overweight, and physical inactivity increase your risk of getting heart disease. The good news is that you can change these risk factors and reduce your risk of heart disease.

In order to help your family eat in a heart-healthy way, follow these recommendations.

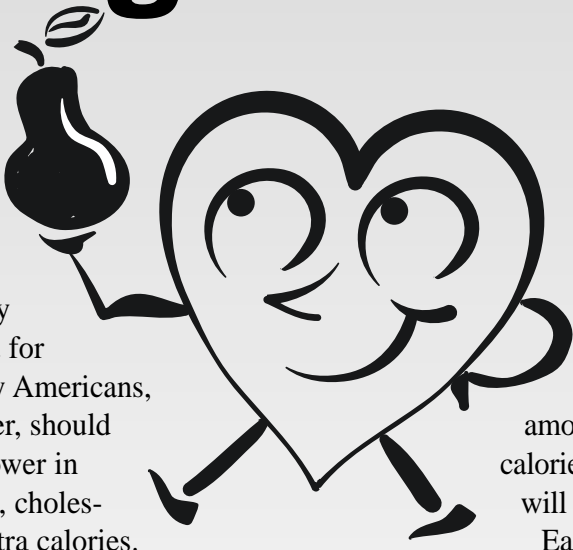
1 Choose foods low in saturated fat.



All foods that contain fat are made up of a mixture of saturated and unsaturated fats. Saturated fat raises your blood cholesterol level more than anything else you eat. The best way to reduce blood cholesterol is to choose foods lower in saturated fat. Less than 10 percent of the calories in your diet should come from saturated fat. One way to help your family do this is by choosing foods such as fruits, vegetables, and whole grains—foods naturally low in total fat and high in starch and fiber.

2 Choose foods low in total fat.

Since many foods high in total fat are also high in saturated fat, eating foods low in



total fat will help your family eat less saturated fat. No more than 30 percent of the calories in your diet should come from fat. When you do eat fat, substitute unsaturated fat—either polyunsaturated or monounsaturated—for saturated fat. But, watch the amount. Fat is a rich source of calories, so eating foods low in fat will also help you eat fewer calories.

Eating fewer calories can help you lose weight and, if you are overweight, losing weight is an important part of lowering your blood cholesterol.

3 Choose foods high in starch and fiber.

Foods high in starch and fiber are excellent substitutes for foods high in saturated fat. These foods—breads, cereals, pasta, grains, fruits, and vegetables—are low in saturated fat and cholesterol. They are also lower in calories than foods that are high in fat. But limit fatty toppings and spreads like butter and sauces made with cream and whole milk dairy products. Foods high in starch and fiber are also good sources of vitamins and minerals.

When eaten as part of a diet low in saturated fat and cholesterol, foods with soluble fiber—like oat and barley bran and dry peas and beans—may help to lower blood cholesterol.

4 Choose foods low in cholesterol.

Remember, dietary cholesterol can raise blood cholesterol, although usually not as much as saturated fat. So it's important for your family to choose foods low in dietary



cholesterol. Strive for less than 300 milligrams of cholesterol a day. Dietary cholesterol is found only in foods that come from animals. And even if an animal food is low in saturated fat, it may be high in cholesterol; for instance, organ meats (like liver) and egg yolks are low in saturated fat but high in cholesterol. Egg whites and foods from plant sources do not have cholesterol.

5 Choose foods lower in salt and sodium.

Americans eat more salt (sodium chloride) and other forms of sodium than they need. Often, when people with high blood pressure cut back on salt and sodium, their blood pressure falls. Cutting back on salt and sodium also prevents blood pressure from rising. African Americans, the elderly, and persons with certain illnesses are more affected by sodium than others. Since there's really no practical way to predict exactly who will be affected by sodium, it makes sense to limit intake of salt and sodium to help prevent high blood pressure.

Americans, especially people with high blood pressure, should eat no more than about 6 grams of salt a day, which equals about 2,400 milligrams of sodium (the daily reference value you see on the new food label). That's about 1 teaspoon of table salt. But remember to keep track of ALL salt eaten—including that in processed foods and added during cooking or at the table.

6 Maintain a healthy weight, and lose weight if you are overweight.



People who are overweight tend to have higher blood cholesterol levels. And, as body weight increases, blood pressure increases. Overweight adults with an “apple shape”—bigger (pot) belly—tend to have a higher risk for heart disease than those with a “pear” shape—bigger hips and thighs. Whatever your body shape, when you cut the fat in your diet, you cut down on the richest source of calories. However, even some low-fat foods are high in calories. So it is not only what you eat but how much you eat. An eating pattern of foods high in starch and fiber, instead of fat and calories, in moderation is a good way to help control weight.

7 Be more physically active.

Being physically active helps improve blood cholesterol levels. Being more active also can help you lose weight, lower your blood pressure, improve the fitness of your heart and blood vessels, and reduce stress. And being active together is great for the entire family.



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Help Your Family To Better Heart Health



It is good to tell children and teenagers to eat right and be physically active; it is even better to show them. Encourage children to eat for the health of their heart, and teach them that what they eat makes a difference in how their body looks, feels, and grows. Here are some tips to help your family develop healthful habits.

KNOW THE GUIDELINES TO HEART-HEALTHY EATING.

Choosing foods lower in saturated fat, total fat, cholesterol, and sodium is important to your success in heart-healthy eating. Here are the basic guidelines:

- Less than 10 percent of calories from saturated fat
- An average of no more than 30 percent of calories from fat
- Less than 300 milligrams of dietary cholesterol a day
- Enough calories to support growth and to reach or maintain a healthy weight
- No more than 2,400 milligrams of sodium a day.

BE A GOOD ROLE MODEL.

Set a good example. Adults, particularly parents, are a major influence on children's behavior. Children also are influenced by television, radio, magazines, advertisements, friends, brothers and sisters, and others who may not follow your ways. If you follow a heart-healthy lifestyle, your children will be more likely to do the same. Being physically active with your child also sets a good example.

LEARN TO CHOOSE HEART-HEALTHY FOODS.

Learn to choose foods lower in saturated fat, cholesterol, and sodium within each of the different groups. This will help you buy and provide such foods and snacks at home.



Choose heart-healthy foods from:

- Meat, poultry, fish, and shellfish
- Dairy products
- Eggs and egg substitutes
- Fruits and vegetables
- Breads, cereals, pasta, rice, and dry peas and beans
- Sweets and snacks.

STOCK THE KITCHEN.

Stock the kitchen with foods that are lower in saturated fat, cholesterol, and sodium from each of the food groups. Prepare these foods in large quantities to be frozen for quick use later. Foods such as casseroles, soups, and breads can be frozen in individual servings for a quick meal. The whole family will then have heart-healthy meals on hand. Have healthy snacks such as fruit, English muffin mini-pizzas, cereal mixes, lower fat microwave popcorn, or frozen fruit bars easily available.

TEACH BASIC FOOD PREPARATION SKILLS.

Teach children how to clean vegetables, make salads, and use the stove, oven, microwave, and toaster safely. Children who have basic cooking skills appreciate food more and are more inclined to try new foods. Teach your children to read the food labels.



PLAN FAMILY MEALS.

Eating meals as a family can encourage heart-healthy eating habits in children. The more you create a family setting where everyone shares the same nutritious meals, the more likely children will accept healthful eating as a way of life. Try to maintain regular family meals as often as you can. This way, the whole family can learn about healthful eating and build good eating habits.

ENCOURAGE PHYSICAL ACTIVITY.

Make time for physical activity. Encourage children to get some exercise throughout the day and especially on weekends. Take trips that involve activities like hiking, swimming,

and skiing. Join in the fun. Ride bikes, run, skate, or walk to places close by. Give your child a splash or dance party. Use your backyard or local park for basketball, baseball, football, badminton, or volleyball.

To be really heart-healthy, physical activity for children needs to raise their heart and breathing rates, last 15 to 30 minutes without stopping, and be repeated at least three times a week.

Children can participate in these activities on their own to help keep their hearts strong.

Bicycling
Dancing
Jumping rope
Running
Brisk walking
Jogging
Roller blading
Skating



Here are some heart-healthy group activities.

Baseball and softball
Basketball
Cross-country skiing
Football
Frisbee
Gymnastics
Hiking and backpacking
Ice and field hockey
Racquetball
Rowing
Soccer
Swimming
Tennis



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Cooking The Heart-Healthy Way



Now it's time to learn about some easy cooking tips to cut down on calories, saturated fat, cholesterol, and sodium.

MEAT, POULTRY, AND FISH

Before cooking meat, poultry, or fish:

- Trim fat from meat; remove the skin and fat from poultry.
- If you buy tuna or other canned fish packed in oil, rinse it in a strainer before cooking. Better yet, buy canned fish packed in water. If you are watching your sodium to help lower blood pressure, be sure to rinse the fish whether it is packed in oil or water.

Changes in your cooking style also can help to lower fat.

- Bake, broil, microwave, poach, or roast instead of frying.
- When you do fry, use a nonstick pan and a nonstick cooking spray or a very small amount of oil or margarine.
- When you roast meat or make meatloaf, place the meat on a rack so the fat can drip away.
- When a recipe calls for ground meat, brown the meat and drain well before adding to other ingredients.
- If you baste meats and poultry, use fat-free ingredients like wine, tomato juice, lemon juice, or defatted beef or chicken broth instead of the fatty drippings.

SAUCES, SOUPS, AND CASSEROLES

- After making sauces or soups, cool them in the refrigerator and skim the fat from the top. Treat canned broth-style soups the same way. Try low-sodium or reduced-sodium soups.
- When making casseroles with cheese, try lower-fat cheese. Or use less regular cheese than what the recipe calls for. If you use a sharp-flavored cheese, you won't taste the difference.
- When you make creamed soup or white sauces, use fat-free, 1 percent, or evaporated

fat-free milk instead of 2 percent milk, whole milk, or cream.

- To make a low-fat sauce, thicken it with cornstarch or flour.
- Make main dishes with pasta, rice, or dry peas and beans. If you add meat, use small pieces just for flavoring instead of the main ingredient.

SEASONING AND CONDIMENTS

- Use small amounts of lean meats instead of salt pork or fat back to flavor vegetables while cooking.
- Flavor cooked vegetables with herbs or butter-flavored seasoning instead of butter or margarine.
- Use herbs, spices, and no salt seasoning blends to bring out the flavor of foods. Try using garlic, garlic powder, onion, or onion powder instead of garlic salt and onion salt.
- Use salt sparingly in cooking, and use less salt at the table. Reduce the amount a little each day until no salt is used.
- Limit salty condiments like olives and pickles.

CONVENIENCE FOODS

And for those times when you don't feel like cooking:

- Use your own convenience foods—low-fat casseroles and soups that you have cooked ahead and then frozen in small batches.
- Check the nutrition labels to choose frozen dinners and pizzas that are lower in saturated fat, cholesterol, and sodium. Make sure the dinners have vegetables, fruits, and grains—or add them on the side.
- Use fewer sauces, mixes, and “instant” products, including flavored rices, pastas, and cereal, which usually have added salt.
- Use vegetables that are fresh, frozen without sauce, or canned with no salt added.



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Shop

To Your Heart's Content

Use this handy guide to shop for a variety of heart-healthy foods. By eating a variety of foods each day, you will get the nutrients you need. Remember to use the food labels. Look for the words low-fat, lean, and light. The Federal Government has defined these words to help consumers find heart-healthy foods that contain less saturated fat, cholesterol, and sodium.



MEAT, POULTRY, FISH, AND SHELLFISH

CHOOSE MORE OFTEN

Lean cuts of meat with fat trimmed before cooking:

Beef—round, top loin, sirloin, chuck arm pot roast, lean ground beef (< 7% fat)

Lamb—leg shank, fore shank, whole leg, loin, sirloin

Pork—tenderloin, sirloin, top loin

Veal—cutlets, ground, shoulder, sirloin, rib roast

Turkey and chicken, skinless

Most seafood~

Low-fat lunchmeat and hotdogs*

CHOOSE LESS OFTEN

Fatty cuts of meat:

Beef—ribs, brisket, chuck blade roast, ground (regular)

Lamb—chops and rib

Pork—spareribs, blade, centerloin

Goose, duck

Liver, kidney

Sausage, bacon

Turkey and chicken, with skin

Eel, pompano, and mackerel

Regular lunchmeat and hotdogs



DAIRY PRODUCTS

CHOOSE MORE OFTEN

Fat-free or 1 percent milk

Nonfat or low-fat yogurt

Cheese with 3 grams of fat or less per ounce*

Low-fat or nonfat sour cream

CHOOSE LESS OFTEN

Whole or 2 percent milk

Cream, most nondairy creamers

Whipped cream or nondairy topping

Whole milk yogurt

Cheese with more than 3 grams of fat per ounce

Sour cream

~ Shrimp, abalone, and squid are low in fat but high in sodium.

* Choices may be higher in sodium.





EGGS

CHOOSE MORE OFTEN

Egg whites
Cholesterol-free or cholesterol-reduced egg substitutes*

CHOOSE LESS OFTEN

Egg yolks



FATS AND OILS

CHOOSE MORE OFTEN

Unsaturated vegetable oils: corn, olive, canola, sesame, soybean, sunflower, safflower
Soft margarine made with unsaturated fats listed above as first ingredient
Low-fat or nonfat salad dressings
Reduced or nonfat mayonnaise

CHOOSE LESS OFTEN

Lard, butter, palm kernel oil, palm oil, beef tallow, cocoa butter, coconut oil
Hydrogenated fats and oils
Margarine or shortening made with fats listed above
Dressing made with egg yolk
Fried foods



FRUITS

CHOOSE MORE OFTEN

Fresh, frozen, canned, dried fruit, and fruit in its own juice

CHOOSE LESS OFTEN

Fried fruit such as fried apples

VEGETABLES

CHOOSE MORE OFTEN

Fresh, frozen, or canned* vegetables

CHOOSE LESS OFTEN

Vegetables prepared in butter, cream, sauce, or fried

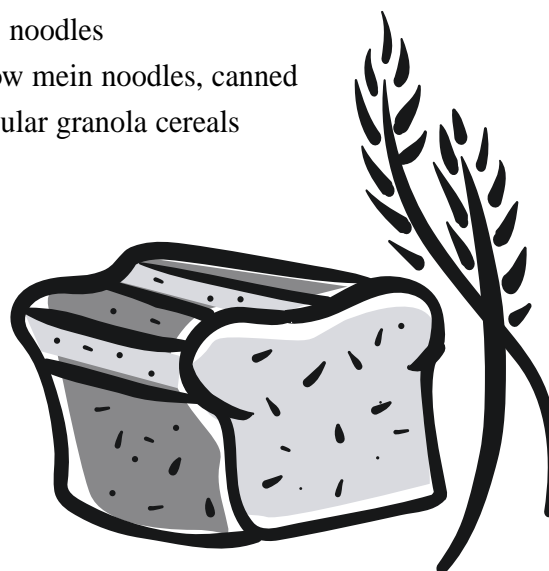
BREADS, CEREALS, PASTA, RICE AND GRAINS, DRY PEAS AND BEANS

CHOOSE MORE OFTEN

Breads, white or whole grain, such as pita, bagel, English muffin, sandwich buns, dinner rolls
Rice cake
Corn tortilla
Low-fat crackers like matzo, bread sticks, rye crackers, saltines*
Pancakes, waffles
Lower-fat biscuits, muffins, hot cereals, most cold cereals*
Rice, barley, bulgur
Dry peas and beans
Pasta

CHOOSE LESS OFTEN

Croissants, pastry, doughnuts, coffee cake, butter rolls
Snack crackers like cheese and butter crackers
Pasta, grain, and potato dishes made with cream, butter, or cheese
Egg noodles
Chow mein noodles, canned
Regular granola cereals



* Choices may be higher in sodium.



SWEETS AND SNACKS

CHOOSE MORE OFTEN

Nonfat and low-fat frozen desserts like sherbet, sorbet, Italian ice, frozen yogurt, frozen fruit juice bars

Low-fat or nonfat baked goods like brownies, cakes, cupcakes, pastries, fig and other fruit bars, vanilla or lemon wafers, graham crackers, gingersnaps

Jelly beans, hard candy, fruit leather

Plain popcorn, pretzels, no-oil baked chips*

(Remember that baked goods and frozen desserts are high in sugar and may be high in calories.)

*Choices may be higher in sodium.

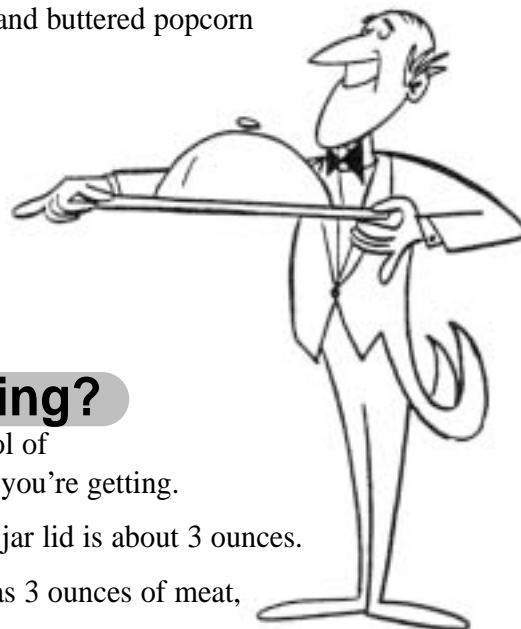
CHOOSE LESS OFTEN

High-fat frozen desserts, like ice cream, frozen tofu, whole-milk frozen yogurt

High-fat baked goods, like most store-bought pound and frosted cakes, pies, cookies

Milk chocolate

Fried chips and buttered popcorn



Do You Know How Much You Are Serving?

Learning about portion sizes is an important part of being in control of what you eat. Here are some tips to help you know just how much you're getting.

- **Jar Lid:** A piece of meat the size of a pint or quart mayonnaise jar lid is about 3 ounces.
- **Deck of cards:** A standard deck of cards is about the same size as 3 ounces of meat, poultry, or fish.
- **Measuring cups:** To find out how much you're serving your family at meals, try dishing it up with measuring cups. After a few tries, it should be easy to judge how big the portions are.

How Much Sodium Is in Your Food?

- Most canned vegetables, vegetable juices, and frozen vegetables with sauce are higher in sodium than fresh or frozen ones cooked without added salt.
- Sodium content of milk products varies. Lowest are milk and yogurt. Natural cheese contains a bit more, followed by cottage cheese, then processed cheeses, cheese foods, and cheese spreads.
- Most fresh meats, poultry, and fish are low in sodium.
Most cured and processed meats such as hotdogs, sausage, and lunch meats are higher in sodium because sodium is used as a preservative.
- "Convenience" foods such as frozen dinners and combination dishes, canned soups, and dehydrated mixes for soups, sauces, and salad dressings often contain a lot of sodium.



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New Ways To Use Favorite Recipes

Lots of special cookbooks and recipe booklets can help you lower the fat, saturated fat, cholesterol, and sodium when you cook. But you don't have to throw out your favorite cookbook or recipes that you've been using for years. Just cut down on the high-fat, high-sodium ingredients, and substitute ingredients that are lower in saturated fat, cholesterol, and sodium as much as possible. Some recipes may change in texture and consistency when you use these substitutions.

Recipe Substitutions

Instead of	Use
Whole milk	Fat-free or 1 percent milk
Evaporated milk	Evaporated fat-free milk
Light cream	Equal amounts of 1 percent milk and evaporated fat-free milk
Heavy cream	Evaporated fat-free milk
1 cup butter	1 cup soft margarine or 2/3 cup vegetable oil*
Shortening or lard	Soft margarine*
Mayonnaise or salad dressing	Nonfat or light mayonnaise or salad dressing; Mustard in sandwiches
1 whole egg	1/4 cup egg substitute or 2 egg whites
Cheese	Lower fat cheese ⁺
Cream cheese	Nonfat or light cream cheese
Sour cream	Nonfat or low-fat sour cream or yogurt
Fat for greasing pan	Nonstick cooking spray
1 ounce baking chocolate	3 tablespoons cocoa powder plus 1 tablespoon vegetable oil
Regular bouillon or broth	Low sodium bouillon and broth
Fatback, neck bone, or ham hocks	Skinless chicken thighs
Pork bacon	Turkey bacon, lean ham, or Canadian bacon (omit if on low sodium diet)
Pork sausage	Ground skinless turkey breast
Ground beef and pork	Ground skinless turkey breast



* The texture of baked goods may be different when you use these substitutions.
 "Light" margarine is not recommended for baking. Experiment to find out what works best for you.
⁺ Some salad dressings, processed cheeses, and cottage cheese are very high in sodium.
 Omit if on a low-sodium diet or substitute a product that is low in sodium and fat.



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